

Making Every Bite Count

Action Planning

Session 3: Yes to Grains, Fruits and Vegetables

1. List some ideas presented today that you would like to implement.
2. Decide on **one thing** you are going to do to implement what you learned today.
3. What do you need to do to put this into practice?
4. Whose assistance do you need?
5. What resources are required?
6. When will you begin implementation?
7. When will you complete implementation?
8. How will you evaluate your success?

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Action Plan Evaluation

Session 3: Yes to Grains, Fruits and Vegetables
1. What one thing did you plan to implement?
8. What did you do to put it into practice?
9. Whose assistance do you obtain? Were these the people you identified last time?
10. What resources did you need? Were these what you expected to need?
11. Did you begin implementation when you planned? If not, why?
12. Did you complete implementation when you planned? If not, why?
13. Evaluate your success.